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(54) Title: **FOOD PRODUCT KIT**

(57) Abstract: The invention provides a kit for preparing salads comprising at least one cooked ingredient and at least one fruit, vegetable or cereal product, wherein the kit comprises a cooking composition comprising less than 40%wt of fat and flavouring agents in an amount of from 5 to 100% by weight, based on the weight of the cooking composition, for cooking ingredient (I) and, a dressing comprising 60%wt or less fat for contacting with the at least one fruit, vegetable or cereal product. The kit provides an easy and convenient of preparing tasty, healthy salads comprising a cooked food ingredient. A method of making a salad using the kit and also the salad prepared from the kit is also provided.

WO 2005/039314 A1